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NOW YOU CAN USE MORE EGGS

Broadcast by Miss Jessie Harris, Chief, Community Nutrition Services, Office of Distribution, War Food Administration, and Wallace L. Kadderly, Chief of Radio Service, in the Department of Agriculture's portion of National Farm and Home Hour, Wednesday, April 5, 1944.

BRADLEY (CHICAGO): So---here's Wallace Kadderly.

KADDERLY: A few minutes ago I gave you some figures about egg production. They added up to the fact that egg production right now is the heaviest on record... So, we've got a heap of eggs on the market... and Miss Jessie W. Harris, of the War Food Administration... has a heap of ideas for using them. Let me see... you're in charge of Community Nutrition Services for the War Food Administration... so if anybody knows about eggs and how to fix them, it should be you.

HARRIS: Well, I like to eat eggs myself... cooked in lots of ways. But the best part, I think, is all the food value that's wrapped up inside one eggshell... scarce protein for body-building... for growth, and for strong muscles and healthy tissues. Of course an egg has other food values, too.

KADDERLY: Iron?

HARRIS: Yes, it's an excellent source of iron. And you can count on it for Vitamin A.

KADDERLY: How about the B Vitamins... especially thiamin and riboflavin?

HARRIS: Eggs are right there on that score, too. And as a matter of fact many diets are often low in riboflavin... so eggs are a great help.

KADDERLY: Well, I like to eat eggs, Miss Harris. I had two of them this morning... fried sunny side up.

HARRIS: Good for you! But I like to think of all the other ways there are to use eggs. Eggs really are a versatile food. You can use them at every meal, and in any course... from soup to dessert... to say nothing of between-meals. The other night we had a perfectly delicious main dish... scalloped eggs and macaroni.

KADDERLY: Ummmmmm. With crispy browned breadcrumbs on top, I bet. And what about some egg sandwiches?

HARRIS: Yes, that's an idea. You know, sandwiches made with hard-cooked eggs keep better in the lunchbox than some other kinds do and they're very nourishing... and another thing, they're good.

KADDERLY: I'll have to confess I have a sweet tooth, Miss Harris. What sort of an egg dish would you prescribe for it?

HARRIS: I'd prescribe a good-sized helping of a fruit whip... Topped with a soft custard sauce. Make the whip with dried prunes, and it doesn't take much sugar.

KADDERLY: That sounds GOOD... and you wouldn't have any leftover egg yolks or whites sitting around in the icebox.

HARRIS: Mr. Kadderly, you ARE a good housekeeper! You're quite right about that.

KADDERLY: You know, Miss Harris, one thing I miss a lot these days is good, homemade cake. Of course, I don't expect to have it with our limited fat and sugar supply ...but I miss it just the same.

HARRIS: I was just going to say, "Why not make a sponge cake for Easter?" That uses very little sugar... and no fat at all...and lots of eggs...and...

KADDERLY: And it just melts in your mouth! How many eggs does a sponge cake need

HARRIS: Well, most homemakers use four to six.

KADDERLY: And how many families are there in the United States?

HARRIS: Well around 30 million, I'd guess. Why?

KADDERLY: I was just thinking. If every family in the country made a four-egg sponge cake sometime this week....4 times 30 million --

HARRIS: Why, that'd be ten...million...dozen...eggs!

KADDERLY: And that'd go a long way toward using up the tremendous supply of eggs we have right now.

HARRIS: Well, the hens have certainly done their part in producing all those eggs. Now it's up to us American Homemakers' to use them.

KADDERLY: And I'm sure they will.

Also--I'm sure Curley has the Harmonizers all set with an old time number..... called Stumbling-----

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